

CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,

Welcome to our March news!

This newsletter gives you up-to-date info on what's happening in our shop and community, upcoming events, and recipe ideas and book tips.

This month we review a book on food production and healthy eating. We highlight pearl barley in our ingredient spotlight, sharing two delicious recipes perfect for summer. We share some exciting coffee stall news, and introduce some new locally made body care products!

Stay refreshed! Your Co-op team



FRIDAY 10AM-1PM
TUESDAY 1-5PM
SUNDAY 9.30AM-12.30PM

GARDEN TUCKER
DECEMBER 5TH
11.00AM-1.00PM

LOCATION
540 OLD FORCETT ROAD,
DODGES FERRY, OKINES
COMMUNITY HOUSE



[okinescommunityhouse.com.au/
wpms/foodcoop/](https://okinescommunityhouse.com.au/wpms/foodcoop/)



[@okinesfoodcoop](https://www.facebook.com/okinesfoodcoop)

Okines Food Co-op is a non-for-profit group in Dodges Ferry. We give members access to bulk, largely organic wholefoods, and support Tasmanian producers.

Acknowledgement of Country

We acknowledge that the Okines Food Co-op is run on the lands of the mumirimina people.

We pay respect to the traditional custodians and their ongoing connections to land, water, and community.

Sovereignty has never been ceded.

WHAT'S HAPPENING THIS MONTH...

NEW SELF-CARE PRODUCTS

This month we introduce **Hillybilly** and **Leapful** body care products to the Co-op. All made locally.

Hillybilly Fire Cider throat spray, an antibacterial and antiviral germ killer! Full of botanicals, apple cider vinegar and a touch of honey.



Hillybilly tassie tiger balm. Give those sore muscles some relief, with this all natural balm containing 48% essential oils.

Leap Farm produces ethically made skin care products using the highly nutritious lactic whey leftover from their goat cheesemaking. Their **Leapful** face cream and hand cream, will leave your skin feeling nourished.



CO-OP MADE PRODUCTS

Did you know we make a variety of spice mixes in house? Next time you drop in, check out the following products:

- Curry powder Mild Madras style
- Mixed spice
- Panch pora
- Lemon pepper
- Garam masala
- Chai tea mix
- Turmeric mylk

Please get in touch if you would like to request a specific product to be stocked! We encourage requests for products you would regularly purchase.

LOCAL GROWERS MARKET

In February we welcomed the Local Growers Market to the Food Co-op, a new initiative by the Community Garden.

Over the last few weeks the market fridge has been stocked with a wonderful array of spray free/organic summer produce from local farmers and growers.

The Local Growers Market is open during Co-op hours, come by and check out what's new!

Friday 10am - 1pm
 Sunday 9:30am-12:30pm
 Tuesday 1pm - 5pm

The Garden Team will send out an email every week to provide an indication on what produce will be available. Generally, the fridge and stores will be stocked on Friday morning. The garden is offering a small-scale delivery service, please email ochigarden@gmail.com to enquire.

MEMBERSHIP

New members are always welcome! Drop into the Co-op to talk to one of our lovely volunteers.

Full member: \$20 (Feb 2023-Feb 2024)
 Concession: \$15 (Feb 2023-Feb 2024)
 Lifetime member: \$100 (no future renewals) This option is encouraged if you feel you will be shopping with us for the next few years and beyond!

Interested in volunteering at the Co-op or taking on a new task?

Volunteer 4-6 hours a month and receive a 15% discount!

Enquire and find out what tasks are needed or what tasks you'd be interested in bringing to the co-op! If you have specific skills or interests we would love to have you on board!

Please email Danae, our volunteer coordinator on okines.coop.volunteers@gmail.com

Each month, two Co-op volunteers contribute to the newsletter. We would like to acknowledge Tim Duffy, Co-op Librarian, the author behind the book reviews and Madeleine Laing, Co-op Recipe Manager, the creator behind the ingredient spotlights!

BOOK REVIEW

YOUR FOOD – Where food comes from and how it is produced

I gotta admit, this review is about a book I picked up with the intention of – “OK here’s one with a lot of pictures, I can turn this review out quick (like I needed to, due to being overseas from mid-January to late February with a deadline the day after my return to Dodges!)

Now, like some of the other books I have reviewed, I am no novice in the area – I have taught the geography of food production at a high school level and so I came to this book with a bit of excitement, as well as the desire of a quick turnaround.



It is a well set out, glossy production with excellent photographs and bite size chunks of digestible bits of information on each of the foods it covers. It seems written for the person coming to this type of information for the first time. Its bite size bits are one to two paragraphs long under a series of sub-headings; a format that repeats to a degree for most foods. The flow of subtitles is History, Types, Buying, Storing, Finding, Methods of Production, Harvesting and then Chemicals used with occasionally the organics element thrown in. It also includes some fascinating extras specific to that food. Where animal foods are concerned this format is changed slightly, with greater information around welfare concerns.

I feel the tone is set to appeal to a mainstream audience as opposed to organic food specialists or permaculture enthusiasts. I must say I found it not overly satisfying as a source of thorough information, but it does satisfy that social media pollen collecting type of interaction where you find an interesting bit of informational pollen, then turn a page and do it again. It is not written as a page turner, but more of a reference text where you think of a food and “go get”. I think of “Your Food” (and its phone app, a fully searchable database – visit yourfoodcommunity.com – which I didn’t) as a great addition to a primary or secondary school library, or as a bit of a coffee table flick through as you enjoy a cup of coffee. I am, however, a snob, so borrow the book and make up your own mind – you will finish it in a few hours if you set your mind to it!

Tim Duffy (Co-op Librarian)

INGREDIENT SPOTLIGHT

PEARL BARLEY

Each month in the newsletter we want to spotlight an ingredient in the co-op, tell you a little more about it, and give you a recipe that will really make it sing. This month, we're highlighting a grain that has been cultivated for thousands of years – **pearl barley**.

The pearl barley available at the Co-op is both Australian and organic 😊

Barley is the fourth most popular grain crop in the world (after wheat, rice and corn). It grows in a wider range of climates than any other grain, with varieties suited to temperate, subarctic, or subtropical areas. While the raw barley grain is most commonly used as food for livestock, or as a source of malt for beer, pearl barley has been processed to remove the less palatable outer husk to make a delicious nutty, versatile grain.

You may be familiar with using pearl barley as a hearty addition to soups and stews, but here we've listed two simple summery recipes – a refreshing lemon barley water, and a seasonal roast veggie salad using the leftover cooked grains.



LEMON & GINGER BARLEY WATER

Barley water has been used as a health tonic for almost two thousand years. While most of its purported health benefits are not scientifically proven, there is evidence that it helps to balance gut bacteria, and has long been used as a home remedy for stomach and urinary problems. This recipe is also just super refreshing and delicious – a hot weather substitute for herbal tea.

Makes about 3L

Ingredients

- 130g pearl barley, rinsed well
- 3 strips of fresh ginger, approx. 5mm thick
- 3L cold water
- Zest and juice of three big lemons, separated (homegrown/unwaxed is best, give them a good scrub in hot water if not)
- 3 tablespoons caster sugar
- To serve: fresh mint, lemon slices (optional)

Put the barley, ginger, water, and lemon zest into a saucepan and bring to a boil over high heat.

Skim off any froth that surfaces, then reduce to a simmer for 15-20 minutes (until barley is tender).

Strain into a jug and add sugar to taste, mixing well to dissolve. Add lemon juice.

Chill in the fridge. Serve in tall glasses with ice and fresh mint/lemon if desired.



INGREDIENT SPOTLIGHT

ROAST ROOT VEGETABLE & BARLEY SALAD

A delicious filling salad for work lunch or warm nights. Use your leftover cooked barley in this salad – can be served warm or cold.

Serves 2

Ingredients

- Leftover pearl barley (or 150g cooked pearl barley)
- 3 medium beetroots, peeled
- Half a bunch of spring carrots (or three small regular carrots)
- Half a bunch of beetroot greens, roughly chopped (substitute for rocket, spinach, or sturdy lettuce)
- 4 cloves of garlic
- Handful of basil leaves (substitute for parsley/mint/ or leave out)
- Handful crumbled feta (optional)
- Salt & pepper, to taste

Dressing

- 60ml olive oil
- 2 tablespoons honey
- 1 tablespoon apple cider vinegar
- 1 small garlic clove, grated

Chop beetroot and carrot into bite-sized pieces. Roughly chop garlic. Season with salt, drizzle with oil and roast at 200C for approximately 40 minutes (until cooked through).

Meanwhile, combine dressing ingredients in a jar and shake thoroughly.

Mix dressing through the cooked pearl barley. Season with salt and pepper.

Once the vegetables are cooked, immediately add the beetroot greens to the hot baking tray and mix around so they are wilted and slightly cooked. If you're using rocket or lettuce, you can just add them at the end as they won't need cooking.

If you are making a cold salad, leave vegetables to cool in the fridge before adding to the barley. Otherwise, mix with the pearl barley mix, and garnish with herbs and feta, and serve warm.

Ingredient spotlight and recipes shared by Madeleine Laing (Co-op Recipe Manager)

EVENTS AND ACTIVITIES

CO-OP COFFEE SHOP

On Tuesdays many of you have enjoyed free coffee and a chat whilst shopping, or working, at the Co-op.

The coffee shop is currently on a break and come April we will start a series of two hour discussion forums. The first of the discussion forums will be on April 4th from 2pm to 4pm. Free tea and coffee will be supplied and those participating in the discussion can bring along a little something for afternoon tea.

To kick the forums off we will start with a quote from Native American author, poet, actor, musician, and political activist John Trudell.

"All human beings are descendants of tribal people who were spiritually alive, intimately in love with the natural world, children of Mother Earth. When we were tribal people, we knew who we were, we knew where we were, and we knew our purpose. This sacred perception of reality remains alive and well in our genetic memory. We carry it inside of us, usually in a dusty box in the mind's attic, but it is accessible."

John Trudell

Can we return to a simpler time? Is life really perception? What poems or snippets of wisdom similar to this resonate with you?

Come along and share in the discussion. Bring a poem or a quote. We would love to hear from you.

Upcoming Tuesday 2-4pm forums are scheduled for the following dates:

April 18th

May 2nd

May 9th

If there is demand we can have more.

If you would like to be involved in the organising and presenting of the forums please let us know. Areas we need help with include, preparing the meeting space, greeting people, making tea and coffee, topics, promotion, and clearing up after the meeting.

Thanks to all who helped make the Co-op Coffee Shop a success and such an enjoyable adjunct to the Co-op. If you would like to get involved please email okines.coop.volunteers@gmail.com.

See you in April,
Brendan Fuller



DIGNITY SUPPORTED GARDENING

10:30am - 1:30pm every Thursday at Okines Community Garden.

DIGNity is a not-for-profit organisation which provides therapeutic gardening programs. Get connected to nature, art, and each other. This is a free event and all ages and abilities welcome!

Email: dignity.garden@gmail.com

Phone: 0434 298 445

Website: www.dignitygardening.com



COOKING WITH CONFIDENCE CLASSES AT OKINES



JOIN PHILIPPE PASCAL

TO LEARN THE BASICS OF COOKING USING SEASONAL PRODUCE AND HEALTHY, DELICIOUS, COST EFFICIENT RECIPES

PHILIPPE WILL TAKE YOU ON A DIVERSE KITCHEN JOURNEY FROM ONE POT WONDERS, DIFFERENT NATIONAL CUSINES, SIMPLE STAPLES LIKE EGGS, RICE AND PASTA, DELICIOUS AFTERNOON TEAS AND THE GREAT ROAST DINNER.

WEDNESDAY EVENINGS 6:30 - 8:30PM:
MARCH 1ST, 8TH, 15TH & 22ND
\$45 IN TOTAL FOR 4 CLASSES

Bookings and more information:
info@okinescommunityhouse.com.au / 62657016



ArtVENTURE!

kids art classes with Nicola

Learn painting and drawing techniques in a fun and relaxed environment.

This series will focus on famous artists as inspiration to create masterpieces each week.

Nicola Holland has a degree in Visual Arts and has been teaching art classes at Okines for some time.



Tuesdays
5 weeks from 28th Feb- 2023
3pm- 4pm
(suggested ages 8 - 12)

\$80 total paid when booking
Price includes all materials
Limited places and bookings:
6265 7016

info@okinescommunityhouse.com.au

Okines Community Garden
540 Old Forcett Rd



DRUMMING CIRCLE

WITH MARA LOVRIN
DRUM BEAT ACCREDITED & KIRTAN PRACTITIONER

Drums have been used in ancient culture to build resilience and foster connection. The health benefits of drumming are numerous.....

Classes start:

TUESDAYS FROM 2ND MAY FOR
10 WEEKS 6:30 - 8PM
\$80

BOOKINGS:

6265 7016
info@okinescommunityhouse.com.au

Please note the class will be held in the GP room at Dodges Ferry Primary

INTERESTED?

If you would like to join any of the events, or want to find out how to organise your own, please contact the **Okines Community House:**

phone: 6265 7016

email: info@okinescommunityhouse.com.au